

NN-1065

C132

ASSEMBLY INSTRUCTIONS

● **REPLACEMENT PARTS**

WEIDER®

WEIDER HEALTH AND FITNESS
21100 ERWIN ST., WOODLAND HILLS, CA., U.S.A. 91367

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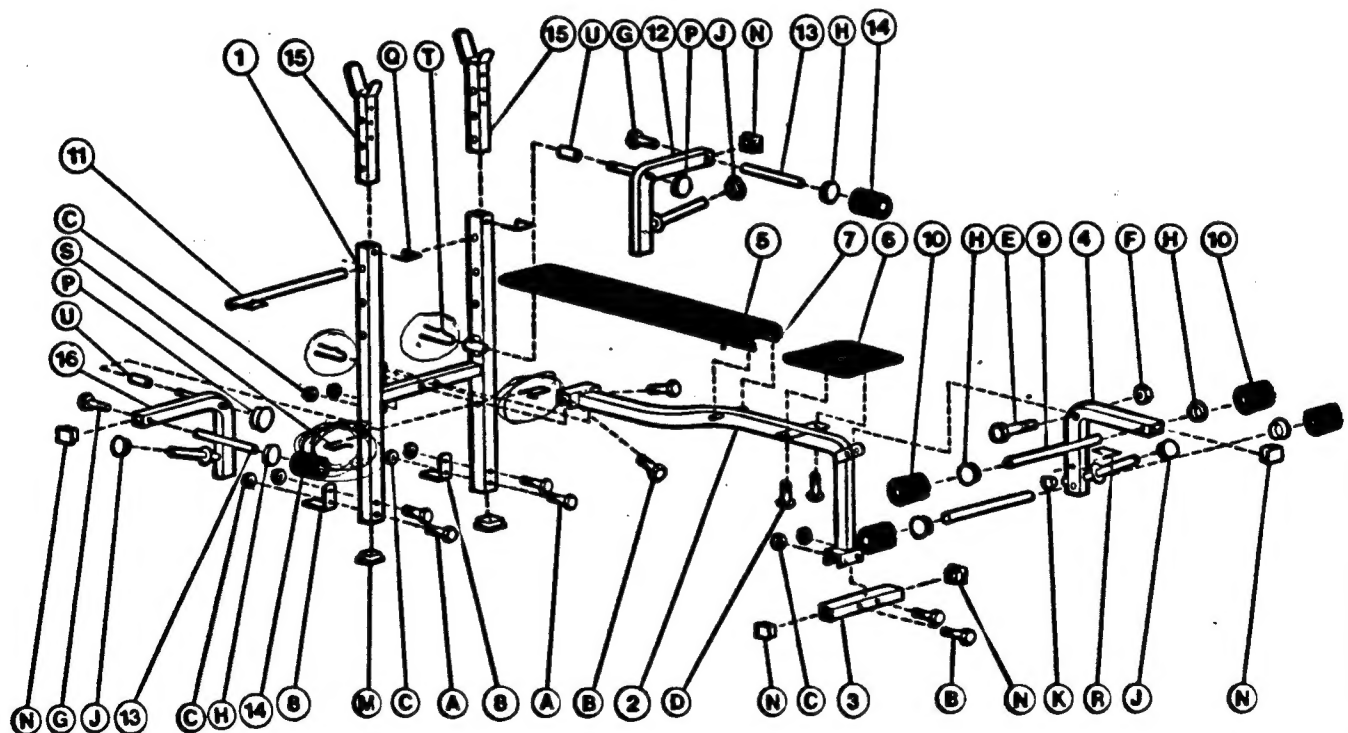


DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	1	CC14-0247
2	MAIN FRAME	1	CC14-0115
3	FRONT SUPPORT	1	CC14-0116
4	LEG CURL	1	CA25-0183
5	BACKREST <i>GRAY w/</i>	1	CC14-0378
6	SEAT <i>GRAY Tapered w/2 Bolts</i>	1	CC14-0380
7	LONG ANGLE IRON	2	CA25-6118
8	L-BRACKET	2	CA22-6125
9	PAD BAR	2	CC08-6136
10	FOAM PAD	4	CA05-0425
11	BACKREST ADJ BAR	1	CA06-6054
12	RIGHT BUTTERFLY	1	CC14-6156
13	BUTTERFLY PAD BAR	2	CC14-6157
14	BUTTERFLY FOAM PAD	2	CB18-0412
15	ADJUSTABLE UPRIGHT	2	CA22-0230
16	LEFT BUTTERFLY	1	CC14-6158
	HARDWARE BAG	1	CC14-5805
A	5/16"-20 X 2 1/2"	4	HH-5015
B	5/16"-20 X 2"	4	HH-5017
C	5/16"-20 LOCK NUT	8	HH-5021
D	1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022
E	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
F	3/8"-16 LOCK NUT	1	HH-5013
G	3/8"-16 X 1" HEX HEAD BOLT	2	HH-5262 X
H	3/4" ROUND PLASTIC CAP	6	AA-8004
J	1" ROUND PLASTIC CAP	3	AA-8005
K	1" COVER CAP	1	AA-8070
M	2" SQUARE PLASTIC CAP	2	AA-8002
N	1 1/2" SQUARE PLASTIC CAP	5	AA-8001
P	7/8" ROUND PLASTIC CAP	2	AA-8088
Q	SMALL LOCKING PIN	2	WW-7002
R	LARGE LOCKING PIN	1	WW-7004
S	PECK DECK PIN	2	WW-7037 X
T	STOPPER PIN	2	WW-7038 X
U	PLASTIC SLEEVE	2	AA-8091
	UPRIGHT DECAL	2	DE-4070
	INSTRUCTION MANUAL	1	CNN-1065

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT.

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OR A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653.

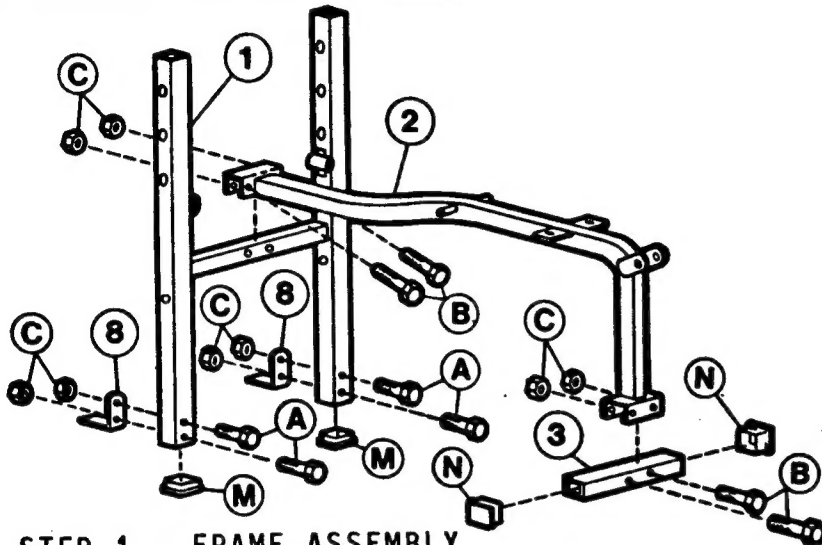
ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
 ● MODEL NO. C132 ● NAME OF PART ● ORDERING NUMBER

ASSEMBLY INSTRUCTIONS

Before starting, remove all pieces from the box and lay them out on a clean surface.

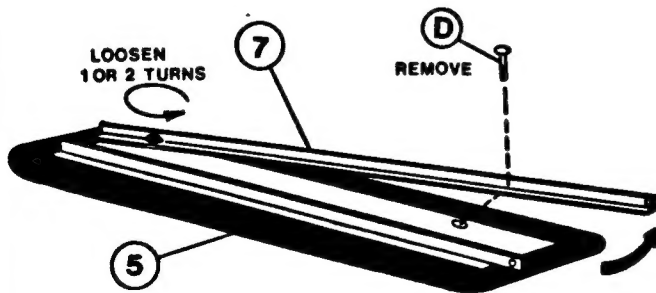
Check the parts list to verify that you have all the pieces. The diagram on Page 1 will also be helpful.

Tools needed: Flat Head Screwdriver
Adjustable Wrench
Pliers
Hammer



STEP 1 - FRAME ASSEMBLY

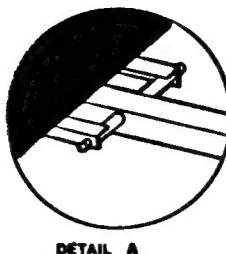
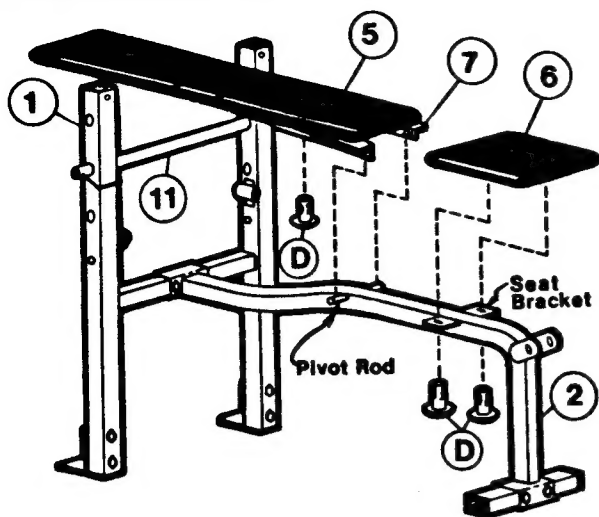
Begin by inserting 2 SQUARE PLASTIC CAPS (M) into UPRIGHT (1). Align bolt holes on L-BRACKET (8) with bolt holes on UPRIGHT (1). Secure each L-BRACKET (8) with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (C). Align bolt holes on MAIN FRAME (2) front u-bracket and FRONT SUPPORT (3). Secure with 2 HEX HEAD BOLTS (B) and 2 LOCK NUTS (C). Lower rear u-bracket of MAIN FRAME (2) onto crossmember of UPRIGHT (1) aligning bolt holes. Secure with 2 HEX HEAD BOLTS (B) and 2 LOCK NUTS (C). Insert 2 SQUARE PLASTIC CAPS (N) into FRONT SUPPORT (3). Tighten all bolts.



STEP 2 - BACKREST PREPARATION

Note: The lower or attachment end of the BACKREST (5) can be identified quickly by the LONG ANGLE IRONS (7). The LONG ANGLE IRONS (7) will be extended approximately two inches beyond the BACKREST (5).

Turn BACKREST (5) over to expose work area. Both LONG ANGLE IRONS (7) have been fastened to BACKREST (5) for shipment. One LONG ANGLE IRON (7) must be loosened in order to assemble BACKREST (5) to Main Frame Pivot Rod. The lower MACHINE SCREW (D) must be removed while the upper MACHINE SCREW (D) is only loosened. The LONG ANGLE IRON (7) can now swing free from the lower end of BACKREST (5).

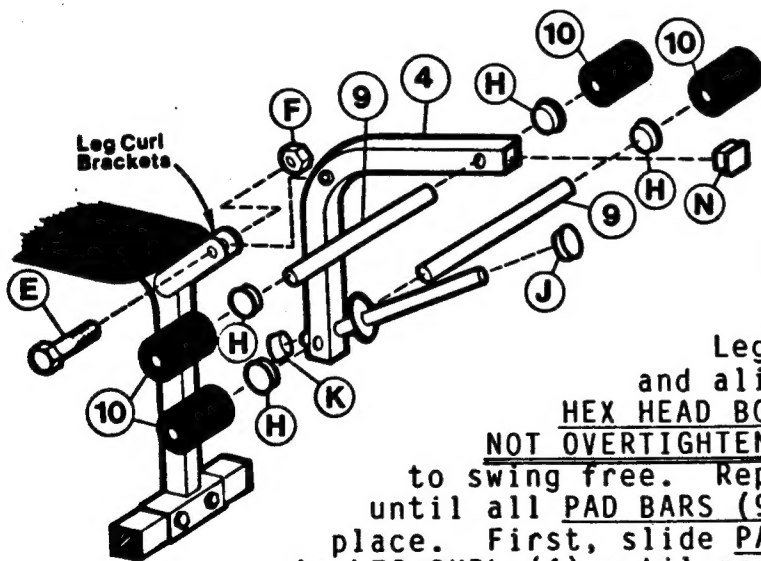


STEP 3 - ATTACHING BACKREST & SEAT

BACKREST: To aid in attaching BACKREST (5), first slide BACKREST ADJ. BAR (11) through one of the hole patterns in the UPRIGHT (1).

With LONG ANGLE IRON (7) free, lower BACKREST (5) to Main Frame Pivot Rod. Slide the secured LONG ANGLE IRON (7) onto one side of Pivot Rod. Swing the free LONG ANGLE IRON (7) back to its original position and onto the opposite end of the Main Frame Pivot Rod. See Detail A. Replace MACHINE SCREW (D) that was removed in Step 2 and tighten all machine screws.

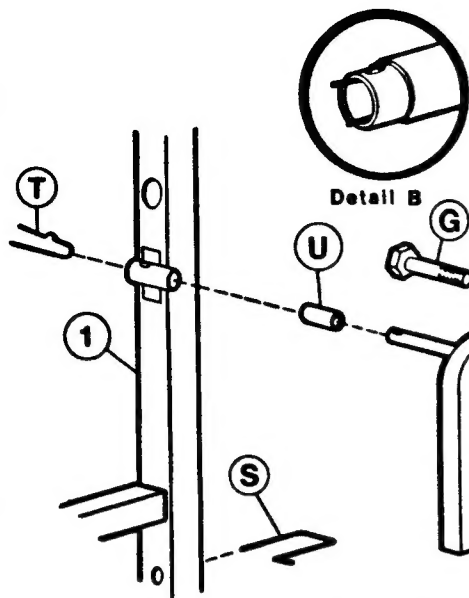
SEAT: With SEAT (6) right-side up, lower to seat brackets on MAIN FRAME (2). Align bolt holes and fasten with 2 MACHINE SCREWS (D)



STEP 4 - ATTACHING LEG CURL

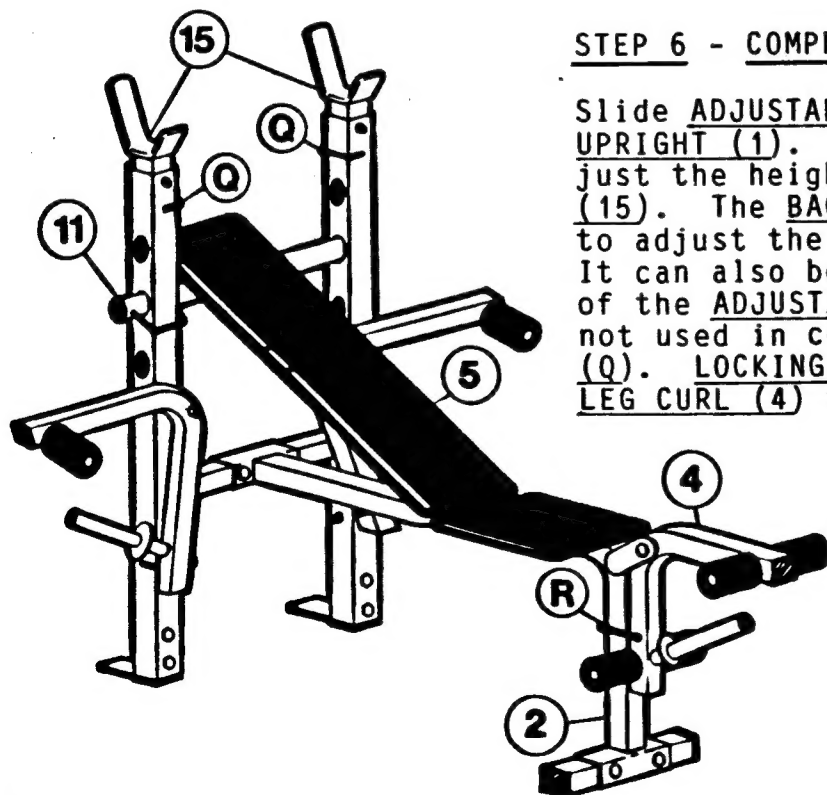
Place LEG CURL (4) between Leg Curl Brackets on Main Frame and align bolt holes. Secure with HEX HEAD BOLTS (E) and LOCK NUT (F). DO NOT OVERTIGHTEN! LEG CURL (4) must be able to swing free. Repeat the following instructions until all PAD BARS (9) and FOAM PADS (10) are in place. First, slide PAD BAR (9) through proper hole in LEG CURL (4) until equal amounts of bar are on both sides of LEG CURL (4). Slide on FOAM PAD (10) onto each PAD BAR (9). A small amount of dishwashing liquid applied to each end of the PAD BAR (9) will aid in this assembly. Insert ROUND PLASTIC CAP (H) into each end of PAD BAR (9). Insert SQUARE PLASTIC CAP (N) into end of LEG CURL (4). ROUND PLASTIC CAP (J) is placed into the outside end of the weight pin on LEG CURL (4) while the ROUND PLASTIC CAP (K) is placed over the rear extended piece of the weight pin.

STEP 5 - BUTTERFLY ATTACHMENT

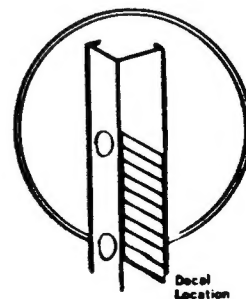


There are two butterfly attachments with this unit: a RIGHT BUTTERFLY (12) and a LEFT BUTTERFLY (16). Instructions for assembly are given for one and are repeated to assemble the other. First, observe the end of BUTTERFLY PAD BAR (13) that has the threaded insert. Slide the threaded end through the large hole in the BUTTERFLY (12) until the BUTTERFLY PAD BAR (13) is against the opposite side and aligned with the small hole. Thread HEX HEAD BOLT (G) through small hole into threaded insert in BUTTERFLY PAD BAR (13) and tighten. Insert ROUND PLASTIC CAP (H) into BUTTERFLY PAD BAR (13). Slide BUTTERFLY FOAM PAD (14) over BUTTERFLY PAD BAR (13). Insert ROUND PLASTIC CAP (P) into welded tube on BUTTERFLY (12). Insert ROUND PLASTIC CAP (J) into weight pin on BUTTERFLY (12). Assemble PECK DECK PIN (S) into lower hole in UPRIGHT (1). This pin is used as a stop for the butterfly attachment. Slide PLASTIC SLEEVE (U) over welded tube. Slide entire assembly into welded tube bracket on UPRIGHT (1), making sure to align holes on top of both tubes. Insert STOPPER PIN (T) into center of assembly (rounded end first), making sure the side of the STOPPER PIN (T) that has a raised section is on top and aligned with holes in assembly. Push STOPPER PIN (T) in until it clicks into place as raised section exits the hole. See Detail B.

STEP 6 - COMPLETED BENCH



Slide ADJUSTABLE UPRIGHTS (15) into UPRIGHT (1). Use LOCKING PINS (Q) to adjust the height of the ADJUSTABLE UPRIGHTS (15). The BACKREST ADJ. BAR (11) is used to adjust the height of the BACKREST (5). It can also be used to adjust the height of the ADJUSTABLE UPRIGHTS (15), but is not used in conjunction with LOCKING PINS (Q). LOCKING PIN (R) is used to lock the LEG CURL (4) to the MAIN FRAME (2).



WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.